



#FitWithFamily

Dear HVMS Staff & Families:

Please help us fill our wall with HVMS Family Fitness Photos. We are promoting family fitness activities and we would like you to capture your family in action and post it on our wall by the gymnasium.

- **The photos must have your child with at least one family member engaged in physical activity. (This includes extended family and our furry members too.)**
- **We will have your child paste it to a card with their name and a brief description of the activity.**
- **Please bring me your photo during homeroom or to your scheduled PE class period.**

Please feel free to send a photo or two (we may need to trim and paste), so send a copy that you do not need back. We will continue adding to the wall for the school year. We will take pictures of our wall in progress and share with you via HVMS Website.

If you have any questions, please feel free to email me. Thank you in advance for participating and we look forward to seeing your family photos.

In Health and Fitness,

**Mrs. Lyons
HVMS PE Teacher**

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